AMENDMENTS TO THE CLAIMS::

This listing of claims will replace all prior versions, and listings, of claims in the application:

Listing of Claims:

1. (Cancelled)

2. (Currently Amended) The ~~shock absorber~~vehicle suspension assembly of Claim ~~1~~5 wherein said vehicle ~~ground~~ support is attached to said magnetized plunger.

3. (Currently Amended) The ~~shock absorber~~vehicle suspension assembly of Claim ~~1~~5 wherein said conductive coil creates ~~said~~ an electromagnetic field about said magnetized plunger so as to slow ~~its~~ the movement of said magnetized plunger.

4. (Cancelled)

5. (Currently Amended) ~~The shock absorber of Claim 4~~ A vehicle suspension assembly comprising:

a shock absorber comprising a magnetized plunger and a conductive coil disposed about said magnetized plunger, said conductive coil forming a circuit;

a vehicle support attachable to a wheel with one of said magnetized plunger and said coil fixed to move with said vehicle support, said coil for being selectively actuated to provide a magnetic force resisting movement of said vehicle support;

said magnetized plunger for generating a current in said coil by the movement of said magnetized plunger; and

~~including~~ a battery in communication with said circuit.

6. (Currently Amended) The ~~shock absorber~~vehicle suspension assembly of Claim 5 wherein said battery stores electric energy generated by the movement of said magnetized plunger relative to said coil.

7. (Currently Amended) The ~~shock absorber~~vehicle suspension assembly of Claim ~~1~~5 wherein said circuit comprises a switching circuit.

8. (Currently Amended) The ~~shock absorber~~vehicle suspension assembly of Claim 7 wherein said switching circuit includes a field effect transistor.

9. (Currently Amended) ~~The shock absorber of Claim 8~~ The vehicle suspension assembly comprising:

a shock absorber comprising a magnetized plunger and a conductive coil disposed about said magnetized plunger, said conductive coil forming a circuit;

a vehicle support attachable to a wheel with one of said magnetized plunger and said coil fixed to move with said vehicle support, said coil for being selectively actuated to provide a magnetic force resisting movement of said vehicle support;

wherein said circuit comprises a switching circuit; and

wherein said switching circuit switches at a higher frequency than the frequency of movement of said magnetized plunger.

10. (Currently Amended) The ~~shock absorber~~vehicle suspension assembly of claim ~~1~~9, wherein a control senses movement of said vehicle ~~ground~~ support and selectively actuates said coil when it is desired to resist movement of said vehicle ~~ground~~ support.

11-12. (Cancelled)

13. (Currently Amended) ~~The shock absorber of Claim 12~~ A vehicle suspension assembly comprising;

a shock absorber comprising a magnetized plunger and a conductive coil disposed about said magnetized plunger, said conductive coil forming a circuit;

a vehicle support for a wheel connected to move with one of said magnetized plunger and said coil, said coil for being selectively actuated to resist movement of said magnetized plunger and hence said vehicle support;

a control for sensing movement of said wheel and actuating said coil when resistance is desired;

wherein said magnetized plunger generates a current in said coil by the movement of said magnetized plunger; and

~~including~~ a battery in communication with said circuit.

14. (Currently Amended) The ~~shock absorber~~vehicle suspension assembly of Claim 13 wherein said battery stores electric energy generated by the movement of said magnetized plunger about said coil.

15. (Currently Amended) The ~~shock absorber~~vehicle suspension assembly of Claim ~~11~~13 wherein said circuit comprises a switching circuit.

16. (Currently Amended) The ~~shock absorber~~vehicle suspension assembly of Claim 15 wherein said switching circuit includes a field effect transistor.

17. (Currently Amended) The ~~shock absorber~~vehicle suspension assembly of Claim ~~16~~15 wherein said switching circuit switches at a higher frequency than the frequency of movement of said magnetized plunger.

18. (Currently Amended) A method of shock absorption comprising the steps of:

moving a wheel in a first direction;

generating an electromagnetic force in a second direction opposing said first direction; ~~and~~

controlling the movement of the wheel through the electromagnetic force;

generating electromagnetic energy from the movement of the magnetized plunger; and

selectively storing the electromagnetic energy based on an amount of movement of the wheel.

19-20. (Cancelled).

21. (New) The vehicle suspension assembly of Claim 14 wherein said control determines when to charge said battery based on a level of movement of said vehicle support.